

## Syllabus Excerpts, Readings, and Assignments

The following are excerpts from various syllabi or course LMS pages that have incorporated scientific engagement in various forms through the support of faculty “mini-grants.”

### *DMin 825: Revitalizing the Church and its Mission (Dr. Elmer Colyer)*

+ Session 7, Wednesday afternoon, May 25, complete reading/assignments by March 11 Edit

+ **The Trinitarian Dimension of Early Methodism** Edit

Reading: Colyer, *The Trinitarian Dimension of John Wesley's Theology*  
Watson & Kisker, *The Band Meeting*

Recommended reading: Watson, *The Class Meeting*


#### **New Discoveries of Scientific Research on Brain Healthy and Flourishing**

Required: Read the article on brain health below. Visit and explore the 3 websites below. Retake Bloom's flourishing assessment you were introduced to in Year 1 and begin to reflect on the place of health and wellness and wellbeing and flourishing within a holistic Trinitarian perspective on Christian community.

+  Science for Seminaries Survey Edit

This Survey is part of the Lilly Science for Seminaries Grant: *Attention and Connection: Engaging Brains, Bodies, and Ecologies for Ministry*. Dr. Forshey, Dr. Duba, and Dr. Elder received this prestigious grant and it helps fund incorporating the recent scientific discoveries related to brain health and human flourishing into seminary courses like this one. After you complete the survey, please read the article on brain health.

Please take the survey and notify Dr. C by email when you have completed it. There will be another survey after the May Intensive. All students in courses that are part of the grant are required to take both surveys as part of the grant process.

+  Brain Health Research: New Discoveries Edit

#### **The New Discoveries of Brain Health Research**

**Protecting the Female Brain** by Allan J. Hamilton, Harvard-trained Brain Surgeon, Professor of Neurosurgery at the University of Arizona Health Sciences Center

This chapter on “Protecting the Female Brain” in *Younger Next Year for Women* because it is the single best summary of the new discoveries in the area of brain health research. The chapter also appears in the original version of *Younger Next Year* but without noting gender-specifics of the research.

This research is fascinating and reveals how important exercise is to brain health. Physical health and wellness are not just physical they affect all the interconnected level of our humanity. Remember that there is no body/soul dualism in a Trinitarian Christian anthropology I presented to you in the Year 1 session on **Living Corpe Diem in the 7 Domains of Life**. Rather we human beings are a series of levels from the molecular to the biochemical to living, sentient creature, to conscious mind, to interpersonal human, to finally spiritual levels. These levels are characterized by an ascending gradient of richer and more complex forms of order. Every time you move from one level to the next, the gradient, the complexity, the richness of the order increases. Furthermore, each level is coordinated with the next level at its boundary conditions, but the characteristics cannot be reduced downward. At each level characteristics develop that cannot be explained in terms of the lower levels.

Thus, researchers into the human mind and brain, found out that while the human mind and consciousness uses the biochemical processes of the brain, the conscious human mind has characteristics that finally cannot be explained simply in terms of the biochemical processes of the brain. It's absolutely fascinating work. The relation between what we call body and soul is complex, fully integrated so that we are soul of our bodies, bodies of our soul, an indivisible series of coordinated levels of ever richer complexity and order that are always inextricably interconnected. This is why when we get stressed, sleep deprived, eat improperly and get no exercise, we get depressed and it affects all aspects of our humanity, including our spirituality. It is also why want to maintain and improve brain health and executive functions crucial to leadership innovation need to be doing aerobic exercise and strength training.

An exercise plan that includes 4 days of aerobic exercise and two days strength training is the single most potent elixir for improving brain healthy, including all those executive functions. In addition, 1.) getting adequate sleep/rest, along with 2.) excellent nutrition (read something like a Mediterranean and Paleo Diet), and 3.) deep, complex, open, and caring relationships with family, friends, and colleagues all contribute to brain health.

Number 3 is particularly fascinating: the importance of deep, complex, caring relationships with family, friends, and colleagues contributes to brain health (read participation in the Trinitarian Love that God is as Father, Son, and Holy Spirit, the love that reaches us through Christ in the Spirit). We now have research that demonstrates what Wesley and the early Methodist passed on to us about the importance of the relational bonds of affirmation, care, and love and the deep sharing that happens when we watch over one another in love that are crucial to brain health and to enhanced executive functions crucial to innovative leadership.

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**Here are some links to additional research on brain health:**

<https://memory.ucsf.edu/symptoms/executive-functions>

<https://www.nia.nih.gov/news/cognitive-super-agers-defy-typical-age-related-decline-brainpower>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3695328/>

[https://www.brainhq.com/world-class-science/published-research/active-study?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=brand&utm\\_content=160463721+473185549184&utm\\_term=active%20study&gclid=CjwKCAIA8bq08hANEiwfslIN7Oc-24XvwcuAhszK6h86Ydow1VKQ1QAmaHRvepO0x2DMLcAlpUgRoCQc8QAvD\\_BwE](https://www.brainhq.com/world-class-science/published-research/active-study?utm_source=google&utm_medium=cpc&utm_campaign=brand&utm_content=160463721+473185549184&utm_term=active%20study&gclid=CjwKCAIA8bq08hANEiwfslIN7Oc-24XvwcuAhszK6h86Ydow1VKQ1QAmaHRvepO0x2DMLcAlpUgRoCQc8QAvD_BwE)

<https://www.brainfutures.org/smart/https://www.todaysgeriatricmedicine.com/archive/MA18p10.shtml>

<https://clinicaltrials.gov/ct2/show/NCT04554537>

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- +  Forum Group 1: Insights from Wesley/Early Methodism, due March 11  Edit ▾  
- +  Forum Group 2: Insights from Wesley/Early Methodism, due March 11  Edit ▾  
- +  Forum Group 3: Insights from Wesley/Early Methodism, due March 11  Edit ▾  
- +  Session 7: Wesley on Trinitarian Ecclesiology  Edit ▾ 
- +  Session 7: Wesley's Trinitarian Ecclesiology, Part I  Edit ▾ 
- +  Session 7: Wesley's Trinitarian Ecclesiology, Part II  Edit ▾ 